



CHARLES D. BAKER
GOVERNOR

KARYN E. POLITO
LIEUTENANT GOVERNOR

MARYLOU SUDDERS
SECRETARY

ADELAIDE OSBORNE
COMMISSIONER

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Massachusetts Rehabilitation Commission
600 Washington Street
Boston, MA 02111-1704

(617) 204-3600
1 (800) 245-6543
Voice/TDD (617) 204-3868
FAX (617) 727-1354

Independent Living Centers

FY15 Activities Report to House and Senate Committees on Ways and Means
2/19/2015

The eleven Independent Living Centers (ILCs) play a key role in Massachusetts in assisting people with disabilities to maximize their independence and self-determination in all of life's activities. This includes a focus on assisting people to move from institutions into the community, and to attain personal goals related to independence and self-sufficiency. As consumer-controlled organizations, this work is done through a wide range of services which are based on a peer role modeling approach.

Federal regulations dictate the composition and activities of ILCs, and require all ILCs to provide four 'core services'. Many ILCs provide other services, most notably Personal Care Attendant services under MassHealth, Transition Coordination under the Money Follows the Person Demonstration grant, Transition to Adulthood services, and Deaf and Hard of Hearing Independent Living services with funding from the Massachusetts Commission for the Deaf and Hard of Hearing. The core services are:

Peer Counseling – the opportunity to tap the experience of other people with disabilities who have successfully strived to lead productive and meaningful lives in their communities through a peer role modeling approach. Peer counseling issues include: personal growth, problem solving, socializing or issues faced specifically by persons with disabilities.

Skills Training – the acquisition of skills needed for living independently, such as how to find housing, Personal Care Attendant management, budgeting, self-advocacy or managing entitlements or benefits.

Information and Referral – providing information and referrals related to disability such as where to look for accessible housing, adaptive equipment, medical providers, legal assistance and a large number of other programs and resources.

Advocacy – helping persons with disabilities to know and assert their rights with, for example, the health care system, landlords, accessing financial benefits and in the community in general.

Information on the services and achievements of the Independent Living Centers in FY15 is provided below. This information is based on reports filed by the ILCs for the federal fiscal year (10/1/14 – 9/30/15), the last 12 month period of ILC performance available.

FY15 Independent Living Center activity

In FFY15 25,928 consumers requested and received services from the ILCs. The specific types of services requested and received were:

Services	Consumers Requesting Services	Consumers Receiving Services
Peer Counseling Services	1,358	1,336
IL Skills Training	8,344	8,314
Information and Referral	11,257	10,974
Advocacy/Legal Services	2,415	2,379
Personal Assistance Services	10,757	10,527
Housing, Home Modifications	845	840
Assistive Technology	668	380
Youth Transition Services	503	487
Transportation Services	262	241
Other – Intake, Service Coordination, Options Counseling, etc.	9,950	9,897

Assisting individuals to transition from institutions to the community is an integral element of the ILCs mission. In FFY15 the total number of consumers assisted with this goal were:

Relocation from a Nursing Home or Institution to Community-Based Living		
Goal Set	Goal Achieved	In Progress
713	228	365

The Independent Living Centers assist individuals with identifying and working towards other personal goals, which are identified in each individual's Independent Living Plan. The types of goals and achievements during FFY15 were as follows:

Significant Life Area	Goals Set	Goals Achieved	In Progress
Self-Advocacy/Self-Empowerment	1,400	454	886
Communication	414	131	256
Mobility/Transportation	811	230	505
Community-Based Living	1,241	575	688
Educational	719	210	458
Vocational	893	241	579
Self-care	12,400	7,067	10,404
Information Access/Technology	799	310	566
Personal Resource Management	1,645	473	1,097
Transition from Institution to Community	713	228	365
Community/Social Participation	2,338	714	1,521